



2024-25 DESIGNATED WEEKS FOR VOLUNTARY DIVES

GIRLS SEASON

Week 1	Aug 19	Forward Group
Week 2	Aug 26	Back Group
Week 3	Sept 2	Inward Group
Week 4	Sept 9	Twisting Group
Week 5	Sept 16	Reverse Group
Week 6	Sept 23	Forward Group
Week 7	Sept 30	Back Group
Week 8	Oct 7	Inward Group
Week 9	Oct 14	Twisting Group
Week 10	Oct 21	Reverse Group
Week 11	Oct 28	Forward Group
Week 12	Nov 4	Back Group

BOYS SEASON

Week 1	Nov 25	Forward Group
Week 2	Dec 2	Back Group
Week 3	Dec 9	Inward Group
Week 4	Dec 16	Twisting Group
Week 5	Dec 23	Reverse Group
Week 6	Dec 30	Forward Group
Week 7	Jan 6	Back Group
Week 8	Jan 13	Inward Group
Week 9	Jan 20	Twisting Group
Week 10	Jan 27	Reverse Group
Week 11	Feb 3	Forward Group
Week 12	Feb 10	Back Group